



State of Utah

DEPARTMENT OF NATURAL RESOURCES

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NEWS RELEASE

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ENERGY AWARENESS MONTH ACTIVITIES CAN REDUCE ENERGY COSTS AND IMPROVE OUR ENVIRONMENT

October is National Energy Awareness Month, and every Utahn can participate with a range of activities that help our environment and save money too. During this year's PowerForward season the citizens of Utah did their part in reducing energy use. On each of the 11 "yellow power days" 90 megawatts were saved. The Utah Energy Office wants to encourage continuing this conservation effort throughout October and the rest of the year.

The Utah Energy Office suggests eight ways for every Utah citizen to participate in Energy Awareness Month:

1. Ride the bus or carpool. Depending on how far away you live from work, you could save between \$300 and \$1,000 annually by doing so.
2. Replace incandescent light bulbs with compact fluorescent light bulbs for your home and office. These bulbs use only 25 percent of the energy and last ten times longer than incandescent bulbs. Compact fluorescent bulbs usually cost \$8 to \$15, but with the savings you will see on your power bill they will pay for themselves many times over. For homes and offices with fluorescent fixtures, install T-8 lamps for improved lighting with a 40 percent reduction in energy use.
3. Complete annual energy maintenance around the house by replacing dirty furnace filters, checking the weather-stripping seal around doors, caulking cracks around windows and door frames and checking attic insulation levels. Insulation depth should range from 11 inches for cellulose to 16 inches for fiberglass.
4. Turn off lights, computers, and appliances that are not being used at home and at work. For any type of light, remember the "two-minute rule": if you're going to be out of the room for more than two minutes, it pays to turn the lights off.
5. Remember to "turn it down," set your thermostat as low as is comfortable in the winter. You can save as much as 10 percent a year on your heating and cooling bills by simply turning your thermostat back 10% to 15% for eight hours. You can do this automatically without sacrificing comfort by installing a programmable thermostat.
6. Both for energy and safety reasons, hot water should not exceed 120 degrees (the medium setting). For every ten degrees hot water is lowered, you save six percent on your hot water bill. Also insulate your hot-water pipes to save energy and money.
7. When using your dishwasher, if you rinse dishes before putting them in, use cold water and turn off the "heat dry" option on your dishwasher. Run the dishwasher only when full.
8. For better automobile fuel economy, check the air filter and tire pressure, keep your engine tuned, and drive the speed limit. Combine trips when possible.

For more information about energy conservation and efficiency, please contact Denise Beaudoin at the Utah Energy Office, (801) 538-4798, (800) 662-3633, or visit www.eren.doe.gov.

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